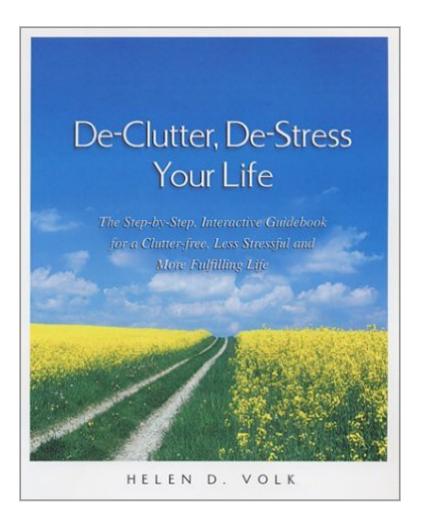
De-Clutter, De-Stress Your Life





Synopsis

De-Clutter, De-Stress Your Life is a step-by-step, interactive guidebook for a clutter-free, less stressful and more fulfilling life. With straightforward discussions, practical reader exercises, and continuing encouragement, this workbook eases you into the process of clutter control and stays with you until you are free from possession by your possessions.

Book Information

Paperback: 142 pages Publisher: Beyond Clutter Publications; 1st edition (October 11, 2001) Language: English ISBN-10: 1930155034 ISBN-13: 978-1930155039 Product Dimensions: 9.8 x 7.8 x 0.5 inches Shipping Weight: 12 ounces Average Customer Review: 4.5 out of 5 stars Â See all reviews (6 customer reviews) Best Sellers Rank: #832,538 in Books (See Top 100 in Books) #153 in Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Power Tools #2058 in Books > Self-Help > Stress Management #201307 in Books > Reference

Customer Reviews

As a busy mother of two, I find there is no time to relax and enjoy life. This book is about simplicity and the freedom you can gain from it. It's about paring down "things" and stop worrying about "things". It's step by step is easy to follow and you soon realize how much time you were wasting on the clutter in your house. Nothing makes me happier than walking into rooms once filled with old junk, drawers that wouldn't close because of old paperwork, or closets that I couldn't sqeeze another shirt into and seeing an organized, easy to live-in space. It definitely helps lower stress levels.

Helen's book is succinct, offers clear guidelines describing how to get started with the decluttering process, and explores reasons that keep people stuck. The exercises keep you focussed on the project at hand, and decluttering is broken down into small steps so that it's less overwhelming.

There are a number of books that focus on how to de-clutter and become more organized. Some books address the psychological aspects of de-cluttering but they offer little in the way of helpful strategies.Helen Volk's book offers the reader more than just helpful advice. Her book serves as a partner and coaches you through the de-cluttering process. She uses humor, support and practicalguidance in order to help you to make progress in your de-cluttering efforts. If you're unable to attend her wonderful groups and workshops you can certainly benefit from this book and gain some valuable tools that are culled from her expertise and personal experience. I highly recommend this book to anyone who wants to learn how to let go of "stuff" that no longer serves you and experience greater peace of mind and a more organized physical environment.Debra Gugig-Bauer, CRC, CASACPresident,CATALYSTS FOR CHANGECOUNSELING AND TRAINING ASSOCIATES *Download to continue reading...*

Clear Your Clutter with Feng Shui: Free Yourself from Physical, Mental, Emotional, and Spiritual Clutter Forever De-Clutter, De-Stress Your Life De-cluttering Your Home or Garage Made Easy: How to Save Time, Money & Stress by Living a Clutter Free Life Unstuff Your Life: Kick the Clutter Habit and Completely Organize Your Life for Good The Clutter Diet: The Skinny on Organizing Your Home and Taking Control of Your Life Never Too Busy to Cure Clutter: Simplify Your Life One Minute at a Time Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down Mandala Adult Coloring Book Stress Relieving Patterns Relaxation: coloring book for Adult and grown ups, Anti-Stress Art Therapy, Stress Relieving Flower Patterns Creative Oceans Coloring Book: Adult Coloring Book of Stress Relief Sea Animal Patterns and Designs (Ocean Coloring Book, Lost Ocean, Stress Relief Coloring Book, Anti Stress Coloring Book) (Volume 1) Clutter Free: Quick and Easy Steps to Simplifying Your Space Organized Simplicity: The Clutter-Free Approach to Intentional Living Epic Content Marketing: How to Tell a Different Story, Break through the Clutter, and Win More Customers by Marketing Less Rx for Stress In a Jarà ®: Tips for Less Stress in Your Life Anxiety - 220 Stress Free Cures: 120 Simple Ways to Reduce Stress in Your Life & 100 Powerful Quotes Teacher Life: A Snarky Chalkboard Coloring Book: A Unique Black Background Paper Adult Coloring Book For Teachers With Stress Relieving Patterns, ... Relaxation Stress Relief & Art Color Therapy) Dad Life: A Manly Adult Colouring Book: A Unique Funny Adult Colouring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Stress Relief & Art Colour Therapy) Teacher Life: A Snarky Chalkboard Colouring Book: A Unique Black Background Paper Adult Colouring Book For Teachers With Stress Relieving Patterns, ... Stress Relief & Art Colour Therapy) Dad Life: A Manly Adult Coloring Book: A Unique Funny Adult Coloring Book For Men Fathers & Dads With Mindfulness Mandalas, Easy Stress Relieving ... Relaxation Stress Relief & Art Color Therapy) Coloring Book for Adults & Grown Ups: An Easy & Quick Guide to Mastering Coloring for Stress Relieving Relaxation & Health Today! (The Stress Relieving Adult

Coloring Pages) Fuck That Stress: Midnight Edition: Swear Word Coloring Book for Relaxation and Stress Relief (Midnight Coloring Books) (Volume 2)

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